

July Wellness Message



Dear Fellow State Employee:

We introduced ourselves to you on June 16. We are your Employee Health and Wellness (EHW) team. Our monthly **WOW** e-mailings will focus on *good nutrition* and *regular exercise*. What's in it for you? *Feel Better, Look Better, Be More Productive*. This second **WOW** e-mail has been sent two weeks after the first, to move to our beginning-of-the-month delivery schedule.



Summer is here with warm temperatures, sunshine, and more daylight hours. It's a good time to get out and **walk**. In June, with the goal of encouraging you to increase the number of steps you take each day, we introduced the website for the "10,000 Steps a Day" walking program, <http://www.shapeup.org/10000steps.html>.

If you're not already in the routine of walking or performing other activities specifically for exercise, try getting started with as little as **10 minutes at least 3 times a day**. Thirty minutes out of a twelve-hour (seven hundred and twenty minute) day.... not so awful when you think about it.

Make a *conscious decision* to:

park farther away

climb stairs instead of using the elevator

walk in place for 10 minutes while watching TV *or*,

how about a brisk walk instead of watching TV?

choose an activity you enjoy and stay at it for 30 minutes

It takes *deliberate intention*, but it is worth the *effort*. Do this for *YOU*.

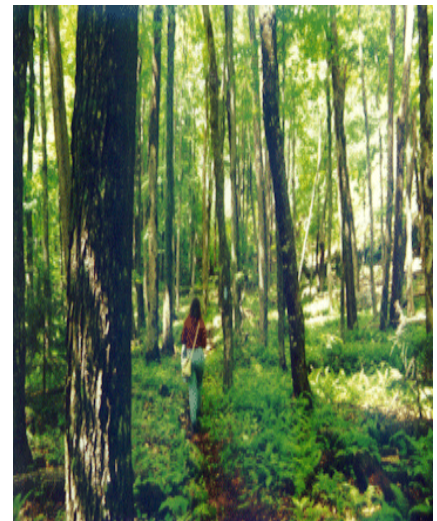
Remember, you can print a walking log from

<http://www.walking.about.com/library/cal/xiwalkusastep.htm>

for recording the number of steps you take. You might be surprised how this helps you increase your walking, little by little.

Go to: <http://www.mrpaonline.org/Programs/walkmich/walkmich.htm> to find out what your Parks and Recreation Department has to offer.

Go to: http://www.michigan.gov/dnr/0,1607,7-153-10365_16839-43947--_00.html to look for Michigan trails to hike or bike.



Also try <http://my.execpc.com/~midwest/HIKING%20MI.htm>.

Other trail related links:

http://www.trailink.com/TL_Active_Pages/TrailSearch/default.asp

<http://www.trailstotrout.com/backmich.html>

<http://www.railtrails.org/field/michigan/default.asp>

<http://www.grayling-mi.com/trails.htm>

(If you are sedentary, consult your personal physician before beginning an exercise routine.)

Working On Wellness Make it YOUR daily goal!

A reminder: the **WOW website** is now available to you at

www.wow-workingonwellness

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290-67056--,00.html

We recommend you save this site in your "Favorites".

WOW e-mailings, **WOW** website and **WOW** News will be updated monthly, beginning-of-the-month.

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The walking in the woods photo was obtained from <http://www.fortunecity.com/victorian/muses/375/mf.html>.